

# Dealing with Anger

## Preparing Your Heart to Teach Session 8:

What kind of cues can you feel in your body that tell you that you're starting to get angry? Maybe it's a scrunched forehead or a heightened volume or pitch in your voice. Maybe it's tight shoulders and more quick movements or short comments. Once you've identified the cues that anger is increasing then you can see it earlier and take action before you react and hurt someone. James 1:19 encourages us to slow down our anger, "Everyone should be quick to listen, slow to speak and slow to become angry."

Honor does more than just manage anger however. Honor turns people into peacemakers. Peacemakers can see the anger in others before they react and then help to bring peace into that situation. Peacemakers look for things in common, not differences. Peacemakers seek to bring people together in agreement and look for solutions where everyone wins. They think of the needs of others and try to make everyone feel good. A peacemaker honors others and promotes harmony, bringing joy into the family. That's why Jesus said in Matthew 5:9, "Blessed are the peacemakers."

How are you doing at being a peacemaker? People usually approach conflict in one of two ways: avoidance or overpowering. On the one hand, some people run away at the least sign of tension. They take others' emotions too personally and retreat. On the other hand, some people only feel comfortable when they are in control so they dominate others with their own intensity. As you become more sensitive about your own emotions and those around you, you'll be able to help others reduce their anger as well. That's honor.

## What Children Learn in Session 8:

Anger management is one of the biggest challenges children face. In this session children will learn to see their own anger and learn some steps for dealing with it. The story of Cain's anger with his brother reveals the tragedy of lack of control in a child's life. Furthermore, because honor adds to relationships, children will learn to see anger in others and explore ways to respond to them, thus becoming peacemakers.

## A Summary of the Video Session 8:

This session focuses on the first of three roadblocks to sibling harmony – anger. A plan for anger management is presented, and then parents are reminded that honor means adding something more. In Matthew 5:9, Jesus talks about being a peacemaker. Children are encouraged to see their own anger coming on and deal with it appropriately, then look for ways to bring peace into relationships as well.

## Read Along in the Book, "Say Goodbye to Whining, Complaining, and Bad Attitudes... In You and Your Kids":

Pages 115-122 provide insights into sibling conflict. Anger is a major hindrance to harmony in family relationships. Children learn not only to manage their anger but to grow as peacemakers as well.

## Welcoming Activity

5-10 minutes

**For Younger Children:** As children come in, direct them to the table where they can decorate "Peacemaker" buttons with crayons or markers. These buttons can be worn around the neck using some string or yarn.

**For Older Children:** Use the Seek and Find Puzzle sheet and ask children to find the heart qualities in the puzzle.



## Together Time

15-20 minutes

Use the thoughts and ideas below along with your own thoughts and the Bible to show children that anger management and being a peacemaker are ways that we can live out honor in relationships.

### Introduction:

Admire the Peacemaker buttons that the children made and remind them that members of the Honor Club are peacemakers.

### Object Lesson:

Build a small volcano to demonstrate how trouble can erupt and spill all over. Use a small clear plastic cup and add approximately 1/3 c. of vinegar. "Let's imagine this cup of vinegar is a person who gets easily irritated. Whenever he doesn't get what he wants, he gets angry. Or whenever Mom says "no," he becomes mean. Talk about how bad it smells. When someone is angry, others can tell. Sometimes he looks just fine like this cup of vinegar but let's add something to the cup and see what happens. When Mom says "no" or Dad asks him to empty the trash, then this happens." Then add 1 Tbsp. of baking soda. Watch the eruption. Talk about how anger can erupt and spill out all over.

## Bible Story with Application:

Read Genesis 4:2-12 and use the ideas you learn from the scriptures along with some of the thoughts that follow to tell the Bible story.

Everyone close your eyes for just a moment and I'm going to start a sentence and I want you to finish it. See if you can think of an answer. One thing that makes me angry is \_\_\_\_\_. One time I got really angry was \_\_\_\_\_.

*Have several children share their responses out loud.*

I want to tell you a Bible story today about the first brothers in the Bible. Can anyone tell me what their names were? Cain and Abel. Both Cain and Abel brought an offering to God. Abel brought a lamb and Cain brought some fruit. In God's plan the lamb was a very special sacrifice, so, God didn't accept the fruit that Cain brought. This made Cain angry. He was very mad. God could tell that Cain was angry because God knows what's in our hearts.



Cain's face also showed that he was angry. Who can show me an angry face? How else can you tell when you're getting angry?

*List several of the ways that people can tell when anger is growing. Include things like: clenched fists or teeth, breathing faster or more obviously, frowning, furrowed eyes, shoulders up, squinting eyes, big eyes. Have children demonstrate what it looks like when a person gets angry.*

When Cain was starting to get angry, God talked to him to try to get him to stop. If you find yourself starting to get angry, stopping is one of the things you can do. Everyone take a deep breath with me. That's one way that you can stop and settle down. But sometimes you're so angry that the best thing to do is just go into the other room for a while and settle down.

God warned Cain that if he didn't do what was right that sin was crouching at the door. In our hearts, sin is waiting to pounce on us and anger is one way that we feed it. So we need to be careful when we are starting to get angry.

One man from India was trying to explain this idea of anger to his children. He gave them this picture. "It's as if you have two dogs fighting inside your heart. The white dog is a peaceful dog and enjoys getting along with others. The black dog is a mean dog, always angry and hurting other people. How do you know which dog in your heart will win? It's the one you feed the most. If you feed the black dog by thinking bad thoughts and planning bad things or holding onto anger in your heart then the black dog wins. If you think kind thoughts and act kindly toward others, even when they're being mean to you, then the white dog wins.

The rest of the story about Cain is pretty sad. He got so angry that he hit his brother. That is very sad. When people get so angry that they start hit-

ting other people, that's not good. Cain's brother Abel died because Cain hit him. That's a sad story and God disciplined Cain by having him go and live somewhere else.

It's important for each of us to learn how to deal with our anger. Once we can deal with our own anger then sometimes we can even help others deal with their anger. That's being a peacemaker. Peacemaker looks for ways to help other people who are upset. Sometimes they help that person and that makes them feel better. Sometimes a peacemaker leaves an angry person alone so that they don't get more provoked and angry.

In the Honor Club we want to look for ways to help other people become less angry. That's an important part of what honor is all about. The Bible verse today helps us understand the importance of dealing with anger.

## Bible Verse:

Proverbs 29:11 "A fool gives full vent to his anger, but a wise man keeps himself under control."

## Prayer:

*Lord, teach us how to manage our own anger. Please help us see anger in others and know how to respond in a helpful way. Thank you for forgiving us and loving us even when we do the wrong things. Amen.*



## Craft and Activity Time

15-20 minutes

### Supplies needed:

- Photocopy and cut out the thermometer craft page for each child.
- 14" piece of 3/4" red ribbon for each child.
- 1 1/2" safety pin for each child.
- Photocopy of red and green glue-on signs.

### Instructions:

Photocopy the thermometer craft for each child. Follow the assembly instructions on the stop sign page. Have ribbon thermometer prepared ahead of time and for younger children, have red and green shapes cut out. Allow children to glue the shapes on in their appropriate places.

Decrease "mercury" down to frustration by pulling down on the stapled end of the ribbon. Advance "mercury" up the thermometer by pulling up with the safety pin, progressing up through anger to rage. Discuss with the children

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the advantages of keeping the “mercury” as low as possible. Anger Management helps to prevent progression up the thermometer.

Talk about the signs of frustration and anger building, the importance of stopping to settle down, and then discuss three helpful choices.

**Talk About It** means discuss the problem with the other person in a reasonable and rational way. Use words like “I don’t like it when you do that,” to begin a discussion. **Get Help** means to go to a parent, teacher, or another adult for assistance in solving the problem. **Slow Down and Persevere** means to step back and readjust your expectations, then proceed calmly. When children are frustrated or angry, they should choose one of these three options.

## Activity Emotion Charades

**For Older Children:** Create cards that contain several emotions. Have the children take turns acting them out. After the rest of the group guesses which emotion the child was acting out, then ask the question, “What emotion did you see? How can you tell? The idea is that there are

cues we give off that reveal our emotions. Talk about the cues. Here are some suggestions for the cards: Love, surprise, excitement, hate, anger, sad, or happy.

**For Younger Children:** Younger children may not be in tune with their emotions enough to act something out so be prepared to act most of them out yourself. These children will more readily detect emotions, making the activity a fun and insightful one. For the youngest children you may limit the emotions to sad, mad, and glad.

## Game

*15-20 minutes*

Play the game - hot potato. The leader turns away from the group while the group, sitting in a circle, passes an object around the circle. When the leader says “hot potato,” the passing stops and the person left holding the “hot potato” is out. Talk about how anger is like a hot potato in that it often causes a person to miss out on the joy of life.

Review the Bible verse using the idea of a vent to illustrate how some people handle anger.



## Snack

*5-10 minutes*

Create traffic lights out of graham crackers, M&Ms and icing. Talk about how we can stop being angry by putting on the brakes, just like a car. We also want to learn to go and be a peace-maker.

## Review and Close

*5-10 minutes*

Pet peeves are things that regularly irritate you or make you angry. You might begin by sharing a

couple of your own such as, “I get irritated when I get in the shower and someone flushes the toilet somewhere else in the house.” Or “One thing that makes me angry is when someone leaves dirty dishes in the living room.” Have children share their pet peeves. They might suggest that it makes them mad when someone moves the book they were reading, or when someone sits in their favorite seat, or when they’re trying to watch TV and someone gets in the way. Then talk about how tolerance and forgiveness apply to pet peeves.

# Welcoming Activity

## Peacemaker Buttons

**Instructions:** Cut out and use a hole punch to put a single hole in each. This page has enough buttons for five children.



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## Anger Craft

**Instructions:** Photocopy this page onto red construction paper. This page contains enough signs for eight children.

- Photocopy the thermometer page onto card stock for each child.
- Use an exacto knife and straight edge to cut the sides of the thermometer and a 1" cut across the bulb on the dotted lines.
- Cut ribbon into 14" lengths, fold in half and staple the two ends together. Feed folded end up through the back of the bottom slit of the thermometer bulb and pull through to the front.
- Slide an open safety pin through one slit in the back of the thermometer, then through the loop of the ribbon, and back through the other slit. Fasten the pin and hold it to slide the ribbon up. Pull the stapled end to move the "mercury" down.
- Cut out stop signs and green, "Better Response" circles for younger children and allow older children to cut out their own.
- Have the children glue one stop sign and three "Better Response" circles onto their craft.



**Instructions:** Photocopy onto green construction paper. This page contains enough “Better Response” circles for six children.

**TALK  
ABOUT  
IT**

**GET  
HELP**

**SLOW DOWN  
AND  
PERSEVERE**

**TALK  
ABOUT  
IT**

**TALK  
ABOUT  
IT**

**GET  
HELP**

**SLOW DOWN  
AND  
PERSEVERE**

**GET  
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**TALK  
ABOUT  
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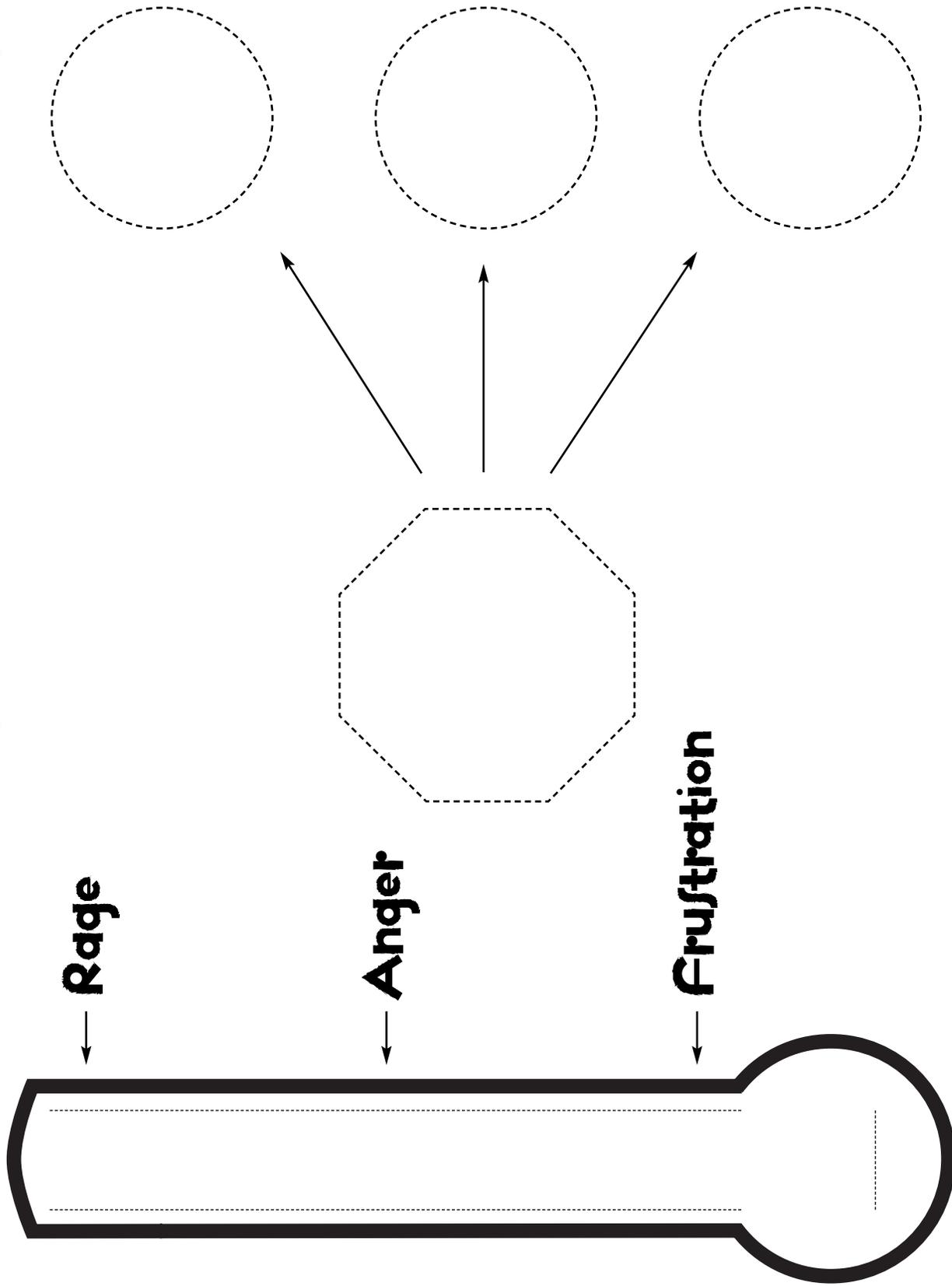
**SLOW DOWN  
AND  
PERSEVERE**

# Anger is Good for Identifying Problems but Not Good for Solving Them!

1 • Recognize it

2 • Stop to Settle Down

3 • Choose a Better Response



# Seek and Find Puzzle

## Be a Peacemaker

### Instructions:

Find the words in the boxes below. They can go in any direction: horizontal, vertical, or diagonal; forward, or backward. Draw a circle around each word.

HEART

PEACEFUL

HONOR

PROVOKE

ANGER

PEACEMAKER

RELATIONSHIP

FOOL

FORGIVENESS

CONTROL

EXPLOSION

R	Z	X	C	V	R	E	K	A	M	E	C	A	E	P
E	P	B	N	M	A	S	D	F	G	H	J	K	L	S
L	E	W	H	E	C	R	T	Y	U	I	O	P	Q	S
A	A	Z	O	X	O	C	V	B	N	N	M	A	S	E
T	C	D	N	F	N	G	H	J	O	K	L	Q	W	N
I	E	E	O	R	T	T	Y	I	U	I	O	R	P	E
O	F	Q	R	W	R	E	S	R	T	Y	E	U	I	V
N	U	O	P	Z	O	O	X	C	V	G	B	N	M	I
S	L	A	S	D	L	F	G	H	N	J	K	L	Q	G
H	W	E	R	P	T	Y	U	A	I	F	O	O	L	R
I	O	P	X	Z	X	C	P	R	O	V	O	K	E	O
P	H	E	A	R	T	V	B	N	M	A	S	D	F	F